



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

No exercise is better for the human heart than reaching down and lifting another up.  
~Jon Huntsman, Sr.

## Caregiver Tip

Regular exercise has benefits for seniors. The Centers for Disease Control reports that seniors have more to gain from physical activity than younger people because they are at higher risk for the health problems that physical activity can prevent. Many seniors are concerned that exercise may cause injury or may be too difficult for them. Exercise does not have to be strenuous. Keeping a regular exercise routine is more important than the intensity of the exercise. Even walking several days a week can improve balance, decrease risk of disease and increase blood flow.

Here are some benefits of physical activity:

- Slow down mental decline. If started early, exercise can help prevent dementia and Alzheimer's disease. (Senior Journal.com)
- Exercise may prevent diseases such as heart disease, stroke, and diabetes. (National Institute of Aging)
- Exercise can increase balance and reduce the risk of falls that can lead to broken hips and other injuries. (National Institute of Aging)

## Caregiver Support Group

**Wednesday, July 2, 2014**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

## Resources

The Department of Recreation, Parks and Cultural Activities offers a variety of programs and activities for Alexandrians ages 55 and over. Call: 703.746.5575 or visit the website at:

<http://alexandriava.gov/recreation/info/default.aspx?id=12452>

To remove your name from our mailing list, please email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov)  
Questions or comments? Email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov) or call 703.746.5999, Option 1



A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

July 2014